

May 2022

Carver Council on Aging

What's Inside for May

Bugs with Benefits

*Presented by Entomologist
Blake Dinius with Plymouth
County Extension*

Wednesday, May 11th at 1:00 pm

Pollinators are critical to life as we know it. But, to truly help pollinators, we need to recognize and understand them. This presentation will focus on common pollinator/pest identification, gardening tips to help support our native pollinators and how to modify our landscape practices to accommodate our insect friends. **Please register at 508-866-4698 x3.**



Movie Matinee: My Big Fat Greek Wedding

Friday, May 6th at 12:30 pm

This hilarious rom-com is about a young Greek woman who falls in love with a non-Greek and struggles to get her family to accept him while she comes to terms with her heritage and cultural identity. **Please register at 508-866-4698 x3.**



Carver Elementary Chorus Spring Concert at the COA

Friday, May 13th at 10:00 am.

Come enjoy the delightful voices of the Carver Elementary Fifth Grade Chorus under the direction of Music Teacher Katherine Krampf as they serenade us into Spring! Drop-in.



Pizza with the Police

Tuesday, May 17th at 11:00 am

Come visit the new Carver Police Station for a slice of pizza and a tour of the facilities with members of the Carver Police Department. Also, meet Plymouth County District Attorney Tim Cruz and Plymouth County Sheriff Joe McDonald who will be on hand to answer your questions and concerns.



Interested participants must register by Friday, May 13th with the Carver COA at 508-866 4698 x3. If GATRA transportation is needed, please reserve by noon on Friday, May 13th by calling the dispatcher at 508-866-4698 x1.



Gyotaku Art Workshop



Local Artist Jessie Fries will lead a Gyotaku Art Workshop in her Plymouth Studio at 84 Court Street sponsored by the Carver Cultural Council on

Tuesday, May 10th at 1:00 pm.

Gyotaku is the traditional Japanese method of printing fish on rice paper dating back to the mid-1800s. This form of nature printing was used by fishermen to record their catches and eventually became an art form of its own.

Please register at 508-866-4698 x3. Space is limited.



This event is sponsored in part by a grant from the Carver Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.

COUNCIL ON AGING

Monday -Thursday
9 AM-3 PM

Friday 9 AM-12PM

48 Lakeview St., South Carver
508-866-4698

COA DIRECTOR

Connie Kelly
Monday-Friday
8 AM-4 PM

508-866-4698 x3
connie.kelly@carverma.gov

BOARD OF DIRECTORS

Donna Marie Forand-Chair
Claudia Miller-Vice Chair
Helen Marrone-Secretary
Savery Moore
Elaine Raymond
Stephanie Clougherty Alt.
Paula Hitchcock Alt.

FRIENDS OF THE CARVER COA

Ron Clarke - President
Paul M Kelly -Vice President
Madeline Joyce -Treasurer
Jackie Rogerson - Secretary
Alice McMahon - Board Member

The mission of the Carver Council on Aging is to identify the needs, interests, and concerns of Carver's senior community and in response develop and implement programs and services that address these. The goal of these endeavors is for the senior community to maintain their independent lifestyle with dignity, while enriching their quality of life.

GATRA Dial-A-Ride

Shopping - Appointments (*any weekday*) - Ride to the COA

GATRA operates out of the COA and provides transportation to senior and disabled residents.

PLEASE REMEMBER

Call our dispatcher from 9:00 am - 12:00 pm no later than the day before to schedule a seat on the bus.

Have the address of the location you need transportation to when you schedule a ride.

Call in advance to CANCEL a reservation.

Messages can be left after hours.

DO NOT call the drivers directly!

Please be ready at the scheduled pick up time!

Drivers are ***only able to wait a maximum of 5 minutes after the scheduled pick up time.***

Be considerate of the drivers and the other passengers.

MASKS ARE STILL REQUIRED ON PUBLIC TRANSPORTATION

SHOPPING SCHEDULE

SUPERMARKET RUNS

Wednesdays 12:30 pmMarket Basket

Thursdays 9:30 am - 1st & 3rd - Walmart / Wareham
2nd & 4th - Walmart / Plymouth

Fridays 9:30 amShaw's

GATRA Bus FAQs

What towns does GATRA provide rides to?

Transportation is provided to the towns adjacent to Carver.

What is the fee for riding the GATRA bus?

The fee is **\$1.75** each way. A book of 10 passes can be purchased for **\$15**. *A book of passes makes a great gift for any senior in your life that needs transportation!*

How do I schedule a ride?

Call **508-866-4698 x-1** ***prior to 12 pm the day before.***

IMPORTANT NOTE FOR WHEELCHAIR PASSENGERS:

Wheelchair passengers *must* bring a companion to accompany them on their trips as GATRA drivers are unable to escort passengers beyond their arrival point.

SPECIAL NOTICE

Due to increased ridership, reservations for Gatra Bus trips need to be made as far in advance as possible.

As soon as you make your doctor's appointments call the dispatcher at 508-866-4698 x1 to make a reservation for transportation as well.

It is never too soon to reserve your spot!

LOAN CLOSET (*please call before dropping off items*)

The COA maintains a "loan closet" of canes, walkers, crutches, commodes, wheelchairs, etc., to borrow at no charge. ***Sanitization is the responsibility of the borrower.***

COPIES

The COA will make **FREE** limited copies for seniors. Ask a staff member during our regular hours for assistance.

VETERAN'S SERVICES

Mark Pineo, Carver's Veteran's Agent and Director of Veteran's Services can be reached at **508-866-3406**.

Meet with Mark at the COA monthly every 4th Thursday.

LEGAL ADVICE AT THE COA

Attorney-at-Law Lawrence L. Hale is available for free 15 minute legal advice appointments for seniors on the **second** Thursday of each month, starting at 10:00 am. Call **508-866-4698 x 3** for an appointment.

FREE FINANCIAL CONSULTATIONS \$\$\$\$\$\$\$\$\$\$

Meet with Sandy Childs, Financial Advisor with Edward Jones, for a free half hour session every 4th Tuesday from 1 - 4. Call **508-866-4698 x 3** for an appointment.

FRIENDS OF THE CARVER COUNCIL ON AGING

Annual membership is \$10 which supports COA activities, events, performances and trips!

Checks can be sent to: Friends of Carver COA, P.O. Box 72, Carver, MA 02330.

SENATOR MARC PACHECO

Call **508-822-3000** or **617-722-1551** for an appointment.

STATE REPRESENTATIVE WILLIAMS-GIFFORD

Call **508-295-5999** for an appointment.

WEEKLY WELLNESS CLINICS

Carver EMS provides weekly blood pressure clinics plus **monthly** glucose and cholesterol screenings Tuesdays from 9:30 am -11:30 am. Drop-in.

FOOTCARE

Call Dr. McLaughlin (podiatrist) at 781-738-3472 or BID Podiatry Clinic, 116 Court St., Plymouth 508-747-1973.



Special thanks to the members of the Carver High School Senior Class: *Gabriella Teebagy, Madison Prado, Claudia Pierce, Tommy Akin, Isabella Demeireles and Olivia Simmons* who provided 1-on-1 Smartphone Instruction to a dozen seniors at the Carver COA. The assistance was truly needed and appreciated. We hope to continue this program with other students from the Carver High School in the future.

Good Luck and Best Wishes to the Class of '22 Seniors!

GATRA MINI-BUS

Peggy Wood

Dispatcher

Monday – Friday

9 AM-12 PM

508-866-4698 x 1

OUTREACH SERVICE

Heidi Lufkin-Miles

Outreach Facilitator

Monday - Friday

8 AM - 4 PM

508-866-4698 x 2

NUTRITION CENTER

June Benson

Monday -Thursday

8 AM - 3 PM

Friday 8 AM - 12 PM

508-866-4698 x 4

Lunch weekdays at 11:30

WEEKLY ACTIVITIES

CHAIR YOGA

with Mary Wilson RYT500
Mondays, May 9th, 16th & 23rd.
10:00 am. Suggested \$5 donation.
Register at 508-866-4698 x-3.

OIL PAINTING CLASSES

FREE with Jim Collins. Tues. 1:00 pm.
Call to register at 508-866-4698 x3.

ACRYLIC PAINTING CLASSES

FREE with Jim Collins. Wednesdays
at 5 pm. Register 508-866-4698 x3..

RUMMIKUB

Wednesdays at 12:00 pm. Drop-In.

BINGO Every Thursday, 12:30 pm
(Arrive by 12:15 pm to buy games)

MONTHLY ACTIVITIES

COFFEE WITH THE CHIEF

Every second Tuesday at 10:30 am
meet Police Chief Marc Duphily to
discuss any concerns. Drop-in.

SINGO - MUSICAL BINGO

with Jim the DJ Guy on the first
Monday of every month - 12:00 pm.

LINE DANCING CLASS

with David & Marcia Burbank
Fridays, May 13th & 20th,
at 1:00 pm. Cost: \$5
Please register at 508-866-4698 x3.
Class size is limited



BEREAVEMENT SUPPORT GROUP

Meeting on Friday, May 27th at 10:00
am. Please register at 508-866-4698
x3. (4th Friday monthly)

MEET & GREET WITH HEIDI

Friday, May 27th at 12:00 pm in the
Small Meeting Room of the Carver
Public Library. Meet COA Outreach
Facilitator, Heidi Lufkin-Miles, to
discuss any questions you may have.

iPAD INSTRUCTION w/ Lydia Nelson
Tuesday, May 24th
at 10:00 am

Bring your own iPad or
reserve one of ours to try
out for the class!
Please register at
508-866-4698 x3.



WHAT'S HAPPENING THIS MONTH

WEEKLY CRAFT CLASSES

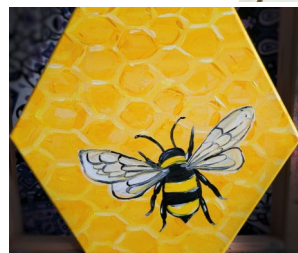
Wednesdays at 10:00 am
Please register 508-866-4698 x3.
Supplies may be limited.



Adult Coloring
Floral
Mandala or
Mini Canvas
5/4



Faux Cherry
Blossom
Branch
5/11



Honey Bee
Cork Board
5/18

Glass Bead
Garden
Globe
5/25



JEWELRY MAKING WITH NANCY

Thursday, May 12th at 3:00 pm.
Design and craft a unique custom
piece of jewelry with Nancy's helpful
guidance. Cost \$10. Please register
at 508-866-4698 x3.

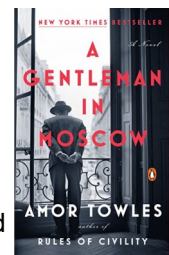
POETRY WORKSHOP

Tuesday, May 17th at 2:00 pm
Bring a favorite poem to share and
discuss! Register at 508-866-4698 x3

BOOK CLUB SELECTION

*A Gentleman in
Moscow*

by Amor Towles
A beautifully transport-
ing novel about a man
who is ordered to spend
the rest of his life inside
a luxury hotel. Unexpectedly, his re-
duced circumstances provide him a
doorway into a much larger world of
emotional discovery. **Please register
at 508-866-4698 x3. Copies of this
book will be held at the front desk of
the Carver Public Library.
Book Discussion Meeting will be
Monday, May 23rd at 1:00 pm.**



PEPTOC HOTLINE

*Words of encouragement
from the mouths of babes*

Amid the heavy news from around the
world, we all could use some insight-
ful advice right now! Call a new hot-
line for encouraging words from an
irrepressible group of kindergartners.
Kids' voices will prompt you with a
menu of options: *If you're feeling
mad, frustrated or nervous, press 1.
If you need words of encouragement
and life advice, press 2. If you need a
pep talk from kindergartners, press 3.
If you need to hear kids laughing with
delight, press 4. Developed by a
California teacher and her students.
Call today, it's FREE! 707-988-8410.*

BLOOM BUS TRIP TO NEWPORT PLAYHOUSE

Wednesday, July 13th
Depart: 9:45 am / Return: 5:15 pm
COST: (\$115 value)
\$75 for COA *Friends Members
\$100 for Non-Members
Call 508-866-4698 x3 for reservations.
Full payment due Monday, June 13th.

Register for the Walk Massachu-
setts Challenge 2022 online at
www.walkmachallenge.com and get
more details on how to win prizes
for yourself and for your COA!

FOOD PANTRY

Shane Gives Thanks - 128 Main St.
Tues./Thurs - 8 - 1
*Wed 1 - 4
Sat/Sun/Mon - Closed
*Wed. is Veteran's Shopping Day
508-866-7673

MEALS ON THE MOVE

The COA provides prepared meals
for homebound elders.
Monday - Friday
Daily Cost: \$3.00
Call the Nutrition Center at
508-866-4698 x 4

SHINE PROGRAM

Health Insurance Counseling
Appointments at the COA are not
available at this time.
Please call the Regional Office at
the Middleboro COA at
1-800-AGE-INFO (1-800-243-4636)



CARVER COUNCIL ON AGING
P.O. BOX 618
SOUTH CARVER, MA 02366

Return Service Requested

Std Lts
U.S. Postage PD
#37
Carver, MA 02330

MAY 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 NO CHAIR YOGA TODAY Lunch 11:30 am SINGO! 12:00 pm	3 Wellness Clinic 9:30 - 11:30 am Lunch 11:30 am Oil Painting 1:00 pm	4 Adult Coloring Floral Mandala 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00	5 Lunch 11:30 am BINGO 12:30 pm	6 Lunch 11:30 am Movie Matinee 12:30 pm	7
8	9 Chair Yoga 10:00 am Lunch 11:30 am	10 Wellness Clinic 9:30 - 11:30 am Coffee w/ Chief 10:30 Lunch 11:30 am Gyotaku Workshop Plymouth 1:00 pm Oil Painting 1:00 pm	11 Faux Cherry Blossom Branch 10:00 am Lunch 11:30 am Bugs w/ Benefits 1:00 Rummikub 12:00 pm Acrylic Painting 5:00	12 Atty. Hale Appts. 10:00 am Lunch 11:30 am BINGO 12:30 pm Jewelry Making 3:00	13 Carver Elementary Chorus Spring Concert 10:00 am Lunch 11:30 am Line Dancing 1:00 pm	14
15	16 Chair Yoga 10:00 am Lunch 11:30 am	17 Wellness Clinic Pizza w/ the Police (Police Station) 11:00 Lunch 11:30 am Poetry Workshop 2:00 pm Oil Painting 1:00 pm	18 Honey Bee Cork Board 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00	19 Lunch 11:30 am BINGO 12:30 pm	20 Lunch 11:30 am Line Dancing 1:00 pm	21
22	23 Chair Yoga 10:00 am Lunch 11:30 am Book Club 1:00 pm	24 Wellness Clinic 9:30 - 11:30 am iPad Class 10:00 am Lunch 11:30 am Financial Planning 1-4 Oil Painting 1:00 pm	25 Glass Bead Garden Globe 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00	26 Veterans Agent Mark Pineo 10:00 - 12:00 Lunch 11:30 am BINGO 12:30 pm	27 Bereavement 10:00 am Lunch 11:30 am Heidi Meet & Greet Public Library 12:00	28
29	30 CLOSED FOR MEMORIAL DAY	31 Wellness Clinic 9:30 - 11:30 am Lunch 11:30 am Oil Painting 1:00 pm		<p><i>The printing of this newsletter is supported in part by the Executive Office of Elder Affairs.</i></p> <p><i>To help reduce the costs of printing and mailing please consider receiving your newsletter by email!</i></p> <p><i>Send an email to: COANews@carverma.org.</i></p>		